# Monday

Session	Time	Date(s)	Age group	Booking details
Walk in the Park (King Edward)	10:30 – 11:30am	7 April 2025	0 – 12 months	Book a space online
Family sow & grow gardening	2pm – 3:30pm	7 April 2025	5 – 11 years	Book a space online
Be One Hope HAF programme	10pm – 2pm	14 April 2025	5 – 17 years	Book through HAF
Natural History Museum trip	12pm – 2:30pm	14 April 2025	0 -12 years	Book a space online
Citizen Advice Bureau	9:30am – 2:30pm	7 April 2025 14 April 2025	Families	Appointment only
Midwifery Clinic	9am – 4pm	7 April 2025 14 April 2025	Expectant mums	Appointment only



# Tuesday

Session	Time	Date(s)	Age group	Booking details
Clay Modelling	10am – 11:30am	8 April 2025	3 – 8 years	Book a space online
Sensory Free play	3pm – 4:30pm	8 April 2025	18 mths – 3 years	Book a space online
Be One Hope HAF programme	10am – 2pm	15 April 2025	5 – 17 years	Book a space online
In2Dance session	3:30 – 5:30pm	15 April 2025	7 – 14 years	Book a space online
Midwifery clinic	9am – 4pm	15 April 2025	Expectant mums	Appointment only



# Wednesday

Session	Time	Date(s)	Age group	Booking details
Junk Modelling	10 – 11:30am	9 April 2025	4 – 11 years	Book a space online
Art session	3pm – 4:30pm	9 April 2025	7 – 12 years	Book a space online
Let's Talk	1pm – 2pm	9 April 2025 16 April 2025	14 months – 3 ½ years	Book a space online
Health Visitor	9am – 4pm	9 April 2025 16 April 2025	1- & 2-year health checks	By appointment only
Be One Hope HAF programme	10am – 2pm	16 April 2025	5 – 17 years	Book through HAF



# Thursday

Session	Time	Date(s)	Age group	Booking details
Health Visitors	9am – 4pm	10 April 2025 17 April 2025	1- & 2-year health check	Appointment only
Easter Egg Hunt	10am - 11:30am	10 April 2025	2 – 8 years old	Book a space online
Cooking world foods	10am – 11:30am	10 April 2025	7 – 12 years	Book a space online
Family sow & grown gardening	10am – 11:30am	17 April 2025	2 – 5 years	Book a space online
Slime making workshop	2pm – 3pm	17 April 2025	5 – 11 years	Book a space online
Health visitor clinic	9am – 1pm	10 April 2025 17 April 2025	1- & 2-year health check	Appointment only





Session	Time	Date(s)	Age group	Booking details
Health visitor clinic	9am – 1pm	11 April 2025	1- 2-year health check	Appointment only
Movie Club	10:30am – 12pm	11 April 2025	3 – 8 years	Book a space online
Arts & Craft	3pm – 4:30pm	11 April 2025	7 – 12 years	Book a space online

Note: centre will be closed on Friday, 18 April and Monday 21 April 2025



## **Centre information**

• Free vitamins are available at the centre for all pregnant women and children under 4 years old

### **Useful Links**

#### The Local Offer

For Children with Special Educational Needs and Disabilities (SEND) https://www.brent.gov.uk/localoffer

#### **Brent Youth Zone**

https://www.brentyouthzone.org.uk/

### **Children and Family Information Service (CFIS)**

Provides information and advice on a range of services for families, including childcare and early education. <a href="https://www.brent.gov.uk/cyp">https://www.brent.gov.uk/cyp</a>

### **Holidays Activities and Food Programme**

Provides free access to activities and healthy meals to eligible children during school holidays. <a href="https://www.brent.gov.uk/haf">https://www.brent.gov.uk/haf</a>

For information on Parenting Programmes please email <a href="mailto:parenting.programmes@brent.gov.uk">parenting.programmes@brent.gov.uk</a>



### **Preston Park Family Wellbeing Centre**

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